



York Region Aquatic Council

www.yrac.ca

# Spring Thing Registration Form

May 15, 2024

Early Bird Bonus

First 50 delegates registered receive a special bonus

Early Bird Deadline May 1, 2024

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Note: The information above may be used for promotional purposes for the YRAC Spring Workshop.

## Payment Information

Workshop Fee Includes Morning Refreshments and Lunch

Before May 1, 2024	After May 1, 2024	PAYMENT
<input type="checkbox"/> \$160 Workshop Fee	<input type="checkbox"/> \$175 Workshop Fee	<input type="checkbox"/> Cheque payable to: York Region Aquatic Council <input type="checkbox"/> EMT to yrac.contact@gmail.com <input type="checkbox"/> Cash
<input type="checkbox"/> \$150 *YRAC Fee <small>* Employee of a municipality within York Region</small>	<input type="checkbox"/> \$160 *YRAC Fee <small>* Employee of a municipality within York Region</small>	<input type="checkbox"/> Please Invoice My Employer (Not available after May 1, 2024) <i>Sorry, credit cards not accepted</i>

## Workshop Choices

### Session #1 (10:00 am - 11:30 am)

- 1. Mythbusters: Unveiling the "Why"
- 2. Navigating Conflict, Communication and Connection In a Complex and Crazy World
- 3. How Can We Elevate the Profession of Lifeguard to that of Other First Responders?

### Session #2 (11:40 am — 1:10 pm)

- 4. Prepare, Respond and Recover – Dealing with the Aftermath
- 5. Aquafit: Friend or Foe?
- 6. Autism and Aquatics: Promoting Accessible Water Education

### Session #3 (2:30 pm — 4:00 pm)

- 7. Aquatic Staff Recruitment and Retention
- 8. Building Emotional Resiliency
- 9. Strategies for Effective Instructional Staff Trainings
- 10. Aquafit - Advanced Boot Camp (Pool Session)

## Mail or Email

## Registration Form

YRAC Spring Thing Workshop

c/o Ann Bashford

10190 Keele Street

Vaughan ON L6A 1R7

Email: ann.bashford@vaughan.ca

Phone: 905.832.2377 Ext. 7444

## General Information

Janice Carroll

Email: jcarroll@markham.ca

Phone: 905.479.7753 ext. 4549